

# WEST ISLIP 9<sup>th</sup> – 12<sup>th</sup> SUMMER FOOTBALL CAMP

Grades 9 – 12

- WHEN:** Monday, Wednesday & Thursday evenings- June 26<sup>th</sup> thru August 3<sup>rd</sup>
- WHERE:** Passing League & skill position drill sessions will be held at High School Turf Field.  
Weight room will be located in the PJ Bellew cafeteria – drop off in Bellew parking lot  
\*Rain day procedures-*Passing league cancelled*; PJ Bellew weight room 4:30 – 8:00pm
- COST:** \$125.00 Please make checks payable to West Islip Youth Football League  
Includes 6 weeks of camp, Camp T-shirt, and insurance (This is an excess policy that will cover expenses your primary insurance coverage will not cover... not to exceed \$25,000).

## Camp Format Grades 11 – 12

### Monday and Thursdays

- 4:00 – 5:00pm Turf - Strength and Speed Training  
5:00 – 6:00pm Drill Session - Skill positions (offense 5-5:30 & defense 5:30-6)  
- Lineman Techniques  
6:00 – 6:30pm - Lineman Rules and Blocking Responsibilities  
- 7 on 7 and Special Teams  
6:30 – 7:30pm - Core Lifts – PJ Bellew Cafeteria

### Wednesdays

- 4:00 - 5:00pm - Weight Room- PJ Bellew café.- Finish Core BFS Workout  
5:00 – 6:00pm Drill Session - Skill positions (offense 5-5:30 & defense 5:30-6)  
6:00- 7:00 pm - Lineman Rules and Blocking Assignments  
- Skilled Positions 7 on 7 gameplay / Team Sessions

## Camp Format Grades 9 – 10

### Monday and Thursdays

- 4:00 – 5:00pm Turf Strength and Speed Training-Turf  
5:00 – 5:30pm Passing League Game  
5:45 – 7:00pm Weight Room Fundamentals- PJ Bellew Café.-Bigger, Faster, Stronger

### Wednesdays

- 4:00 – 5:30pm - Lineman Rules and Blocking Assignments  
- Skilled Positions 7 on 7 gameplay / Team Sessions  
5:30 – 6:30pm - Weight Room Agility and Core Training- Bellew Cafe

**\*Make check payable to West Islip Youth Football & send to:**

**15 Middlebury Road  
Hauppauge, NY 11788  
Please register by June 24<sup>th</sup>**

Registration Form

Players Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_ Grade (in Sept.) \_\_\_\_\_ T-shirt size \_\_\_\_\_

Emergency Contact & Number \_\_\_\_\_

Parent Signature \_\_\_\_\_

For Further Information Contact:

Steve Mileti

Cell: 664-7669

This camp is not affiliated with West Islip Schools